



WELCOME!

With Liven Global
L SUPREME VITA C

Why Vitamin C Is Important?

The Importance Of Vitamin C Is Mainly In Three Aspects, Which Are: Biosynthesis, Antioxidant And Immune Function

Recommended Nutrient Intakes for Malaysia (RNI) show that, a technical task force nutrition guide report issued by the Ministry of Health, pointed out that vitamin C (also known as ascorbic acid) **is an important water-soluble vitamin** for many biological and physiological processes in the human body .

Vitamin C is water-soluble, it may be lost via urinary and sweating. These reasons will affect the storage of body's vitamin C. Vitamin C also a nutrient which common loss in drinkers, smokers and obese people.

Humans are unable to synthesize vitamin C on their own. **In other words, vitamin C** must be taken from our diet (mainly fruits and vegetables) to maintain the body's normal metabolic function. However, the daily intake of vitamin C from our meals **does not meet the requirements** for our body.



Benefits of Vitamin C

1. PROMOTE COLLAGEN FORMATION

Collagen Is A Kind Of Protein, Distributed Among Connective Tissues, Blood Vessels, Bones And Dentin Cells. It Is A Support Material For Animal Body. It Can Make The Cells Tightly Arranged, Keep Skin Firm, Strengthens Bones And Teeth. After Injury Or Surgery, It Can Promote Cells Repair And Wound Healing.

4. REDUCE ARTERIOSCLEROSIS

Vitamin C can strengthen the blood vessels and reduce the content of cholesterol in the blood. It has a good preventive and therapeutic effect on arteriosclerotic cardiovascular diseases, hypertension and stroke

2. ENHANCE IMMUNE FUNCTION

Vitamin C Can Promote The Formation Of Antibodies And Increase The Concentration Of Antibodies Such As Iga, Igg And Igm In The Blood. These Antibodies Bind To Viruses And Bacteria, Directing White Blood Cells And Lymphocytes To Destroy Them.

5. ANTI-OXIDANT EFFECT

Vitamin C is a strong anti-oxidant substance, which can effectively remove free radicals produced by long-term exposure to bad environments

3. PROMOTE MINERAL ABSORPTION

Vitamin C Can Promote The Absorption Of Calcium, Phosphorus, Iron And Other Minerals In Small Intestine. It Is Very Helpful For People With Anemia Or Osteoporosis.

6. ANTI-TUMOREFFECT

Medical profession believes that free radicals are related to the occurrence of cancer or aging. Nitrite is a carcinogen. Vitamin C can prevent the conversion of nitrous acid from pickled foods to nitrite.



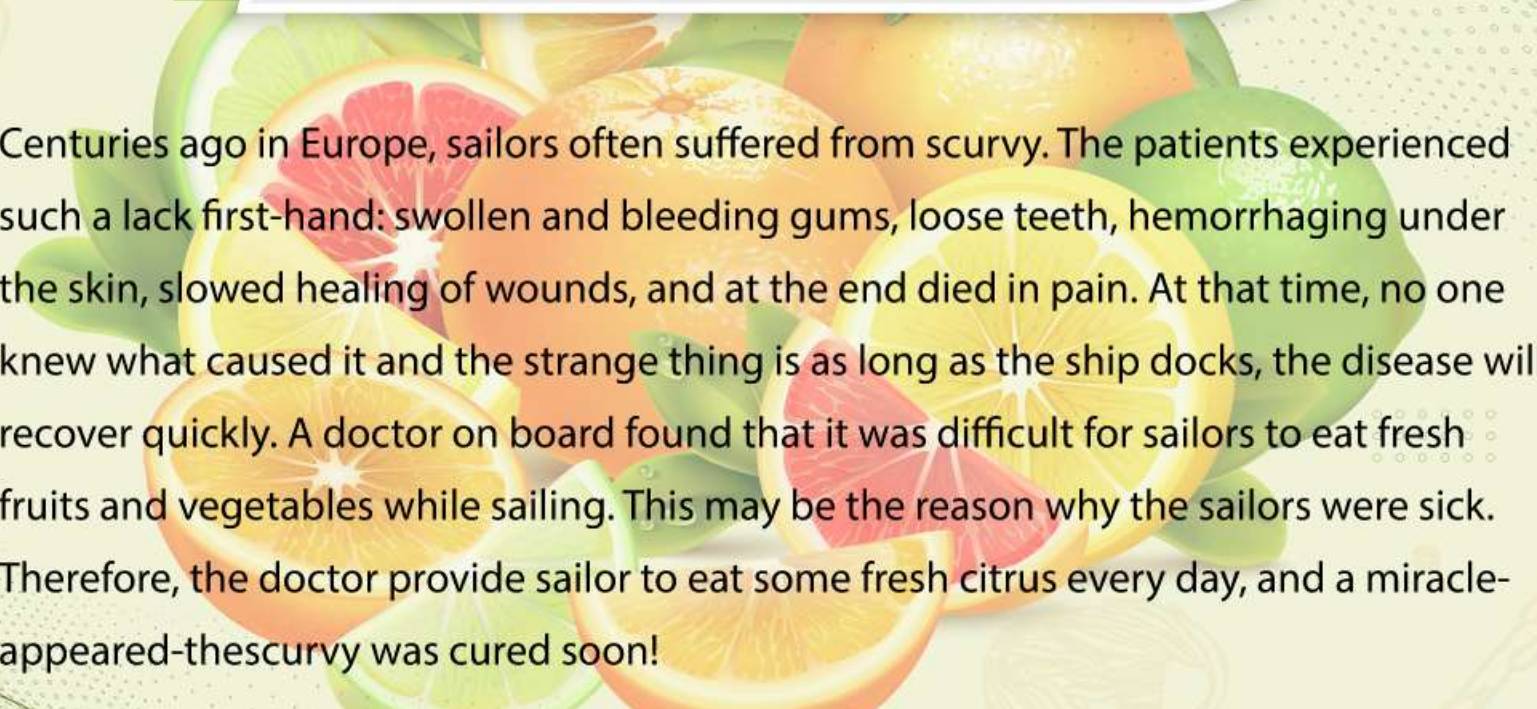
What happens when there is a lack of vitamin C?

Most of the problems caused by vitamin C deficiency arise from its related physiological effects. Persistent lack of vitamin C may cause scurvy, fatigue or laziness, weakening of blood vessels and connective tissue.

Early symptoms of vitamin C deficiency may include fatigue (may result from diminished levels of carnitine), general weakness, and gum inflammation. If vitamin C deficiency continues, structure of the synthesized collagen will be unstable, making the connective tissue fragile, and symptoms such as small red/purple spots on the skin, joint pain, poor wound healing, hyperkeratosis, fragility of tissues and capillaries may occur. Scurvy is fatal if it is not treated.



The importance of vitamin C!



Centuries ago in Europe, sailors often suffered from scurvy. The patients experienced such a lack first-hand: swollen and bleeding gums, loose teeth, hemorrhaging under the skin, slowed healing of wounds, and at the end died in pain. At that time, no one knew what caused it and the strange thing is as long as the ship docks, the disease will recover quickly. A doctor on board found that it was difficult for sailors to eat fresh fruits and vegetables while sailing. This may be the reason why the sailors were sick. Therefore, the doctor provide sailor to eat some fresh citrus every day, and a miracle-appeared-the scurvy was cured soon!



When We Need To Eat A Lot Of Vitamin C? Who Need To Eat A Lot Of Vitamin C?

- 
- ✎ Bleeding Gums
 - ✎ Stress
 - ✎ Immune Disorders
 - ✎ Smoker
 - ✎ People Who Often Drink Alcohol
 - ✎ Pregnant Or Breastfeeding Women
 - ✎ Anaemia
 - ✎ Those Who Sweat Often
 - ✎ Worker In Chemical Factory
 - ✎ Long-term Drug Users
 - ✎ Fatigue
 - ✎ Poor Wound Healing
 - ✎ Inflammations
 - ✎ Acne
 - ✎ Joint Pain
 - ✎ High Blood Pressure
 - ✎ Cancer
 - ✎ Heart Disease

L Supreme Vita C
Unique ingredients

VITAMIN D3

SUCRALOSE

SODIUM
BICARBONATE

GRAPE

MAGSHAPE™

FRUCTOSE

ELDERBERRY

MALTODEXTRIN

PUREWAY C™

CITRIC ACID

Ingredient

Grape

Resveratrol in grape can reduce blood lipids and enhance immunity. Tannic acid can resist allergies, delay aging. It also can enhance immunity and preventing cardiovascular and cerebrovascular diseases. Anthocyanins have strong anti-oxidation, anti-mutation, cardiovascular protection.

PUREWAY C™

The most natural source of vitamin C, with multiple absorption functions, allows vitamin C to enter the blood and cells at the highest rate.

Vitamin D3

Also known as "cholecalciferol", improves absorption of calcium and phosphorus, maintain plasma calcium and phosphorus levels.

Citric Acid

Natural preservatives which containing vitamin C which help to lower cholesterol level. It is also used to increase the acidity of food and beverages.

Sodium Bicarbonate

Sodium bicarbonate is a molecule that acts as a buffer against acidity in the body.

Ingredient

Magshape™

Magshape is a micro-capsulated magnesium that can help to boost energy levels and maintain normal body functions

Elderberry

Elderberry is rich in bioflavonoid, anthocyanidins and other high antioxidant substances. It can inhibit the aggregation of red blood cells and inhibit the activity of enzymes that destroy the cell membranes.

Sucralose

Sucralose does not affect blood sugar nor insulin levels, so it is suitable for diabetes patients. Substituting sugar with sucralose can reduce the risk of heart disease, stroke, and prevent excessive insulin levels.

Maltodextrin

Maltodextrin is a fast-digesting sugar and provides 4 calories per gram. It can easily be absorbed into our body. This means it can raise our body energy in a short period.

Fructose

Fructose does not cause a rapid rise and subsequent large fall in blood glucose levels, which means it has a low glycemic load or glycemic index (GI).

Important of Vitamin C

Powerful antioxidant known to reduce inflammation, protect cells from cancer causing damage, and defend against cardiovascular disease. Help prevent iron deficiencies by boosting iron absorption. Effectively strengthens the immune system against viruses. Protects memory and cognitive thinking throughout the aging process Essential for the growth, development, and repair of all body tissues.

Vitamin C is a water-soluble vitamin that must be replenished each day by the body. Because of its water-soluble nature, we must intake a sufficient amount of vitamin C daily. PureWay-C® has multiple absorption features that allows vitamin C to enter into the bloodstream and cells at the highest rate. Compared to conventional vitamin C compounds, PureWay-C® is much more effective and can be stored in the body for a longer period of time



What Make PUREWAY C™ Superior?

Enhanced Absorption

Highest absorption and uptake rates of all forms of vitamin C. Uniquely enhanced bioavailability composition offers optimum levels of essential vitamin C. Innovative formulation increases absorption speed. 233% higher retention by the human body than any other ascorbate brands

No Competition

Exclusive vitamin C lipid fatty acid formula Trade-mark protected in several international classes covering varieties of goods and services. Manufacturing process and its method of use are patent- pending.

Product Benefits

Backed by published, peer-reviewed research. 100% Natural ingredients Vegan & Non- GMO Kosher & Halal Certified Allergen Free GRAS-affirmed Many forms and applications



How does PUREWAY-C™

increase absorption and retention rate?
Proprietary Fatty Acid Formula

PUREWAY-C™'s fatty acids allow ascorbic acid to enter cells more quickly in a safe and effective manner, acting as ascorbic acid carriers to increase intestinal absorption and tissues distribution of Vitamin C and enhance cellular uptake kinetics.



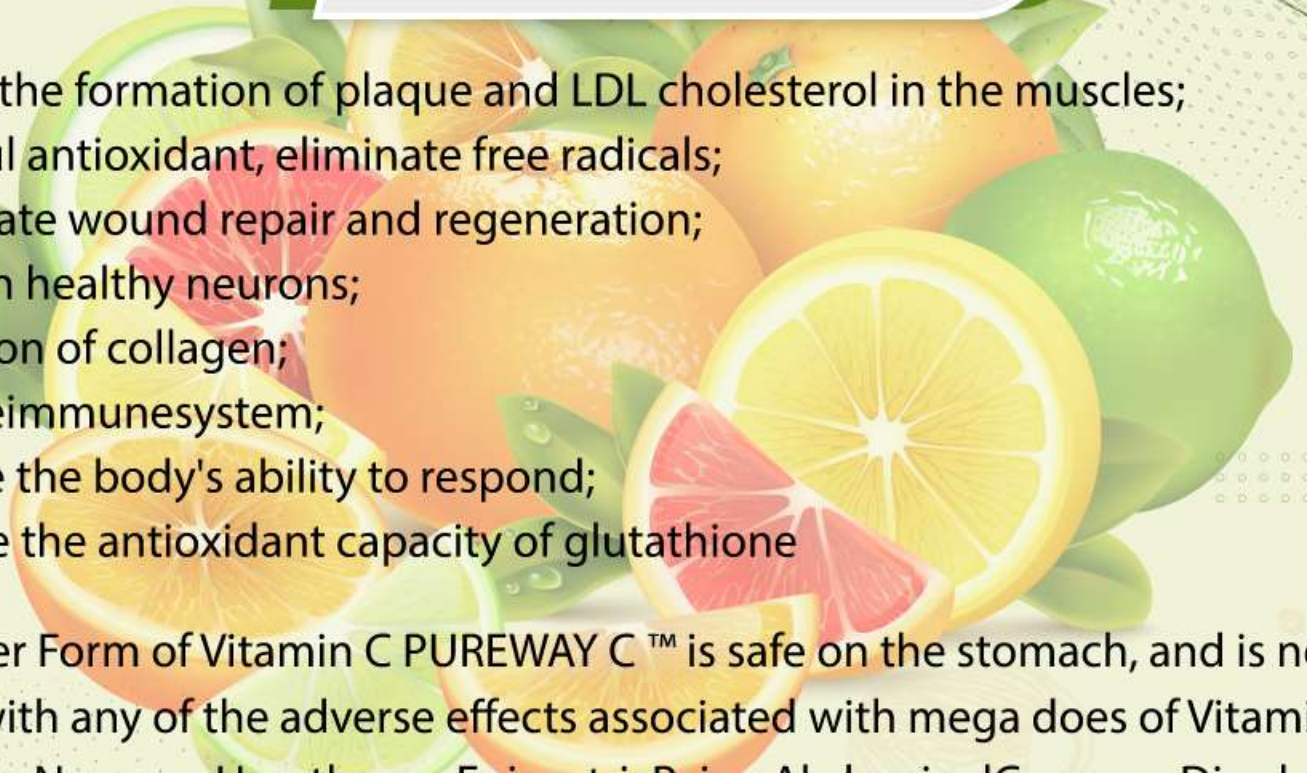
How does PUREWAY-C™

Research conducted at Adelphi University, NY compared cellular uptake of several forms of vitamin C and found that two hours after treatment with the vitamin, human T-lymphocyte treated with PureWay C contained higher vitamin C level than any other treatment group evaluated

A study conducted by researchers from the University of Miami School of Medicine found that the average serum vitamin C level was higher in the group taking PureWay C for a 24 hour period following intake. The study consisted of healthy volunteers who went on a two week long vitamin C restricted diet and then received a single 1000 mg supplement of vitamin C taking either PureWay C or one of several other vitamin C forms



PureWay-C™'s clinical effect

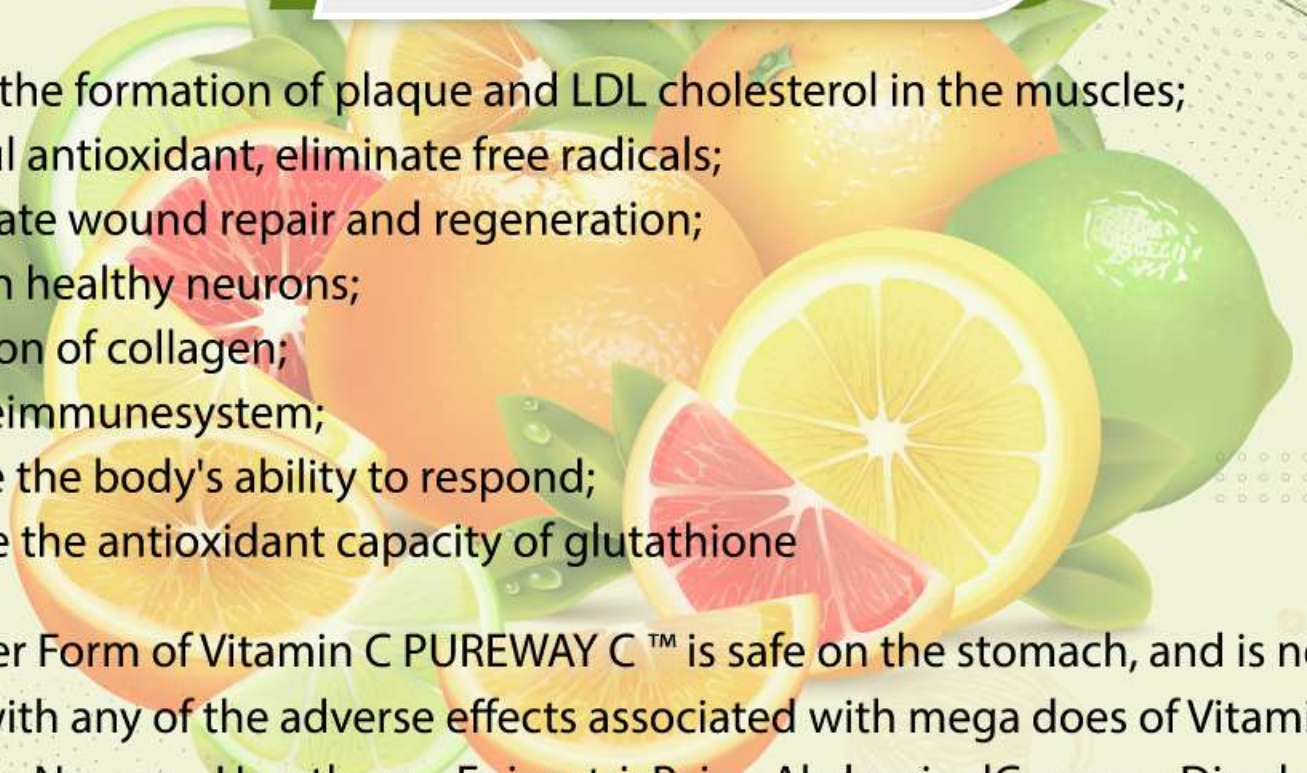


Reduce the formation of plaque and LDL cholesterol in the muscles;
Powerful antioxidant, eliminate free radicals;
Accelerate wound repair and regeneration;
Maintain healthy neurons;
Formation of collagen;
Improve immune system;
Improve the body's ability to respond;
Enhance the antioxidant capacity of glutathione

A Gentler Form of Vitamin C PUREWAY C™ is safe on the stomach, and is not associated with any of the adverse effects associated with mega doses of Vitamin C, including: • Nausea • Heartburn • Epigastric Pain • Abdominal Cramps • Diarrhea



PureWay-C™'s clinical effect



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Grape King of fruits

High antioxidant content prevents chronic diseases They help repair the damaged cells caused by free radicals, which are harmful molecules that cause oxidative stress

Anti-aging

It is beneficial to the patients with heart disease. The darker the grape skin, the higher the flavonoids, and have better heart protection. Flavonoids in grapes are powerful antioxidants which have anti-aging effect

Prevent cardiovascular and cerebrovascular diseases

Grape can prevent thrombosis better than aspirin, and can lower the cholesterol level, reduce the platelets cohesion

Cancer defence

Unique combination of plant compounds found in grapes may be responsible for their anti-cancer benefits, which prevent the growth and spread of cancer cells. Grape juice can effectively help patients after surgery to inhibit rejection, and restore health.

Anti-infective

Grapes contain natural polyphenol, which can combine with bacteria and viruses to prevent the growth of harmful bacteria



Grape King of fruits



A fruit with high self-protection**A fruit with high anthocyanin content****It is a very nourishing fruit**

Antioxidant is
20 times of vitamin C
50 times vitamin E
100 times of grape seed

- Good for eyesight
- Prevent the production of skin-damaging enzymes and protect skin cells from damage

Known as the king of antioxidants, it has outstanding functions in anti-aging, skin restoration and regeneration. Effectively eliminate toxins in cells and restore skin activity. It can quickly and accurately delivered to our skin, to achieve the effects of whitening, wrinkle removal, firming, spot removal, lifting, shrinking pores and repairing scars.

- Fight against free radicals in the body, prevent aging
- Increase the skin's tolerance toward UV rays
- Resistant to light aging
- Gives a healthy skin

Resveratrol in grape can reduce blood lipids and enhance immunity. Tannic acid can resist allergies, delay aging. It also can enhance immunity and preventing cardiovascular and cerebrovascular diseases. Anthocyanins have strong anti-oxidation, anti-mutation, cardiovascular protection



Elderberry



Nutrient content

Calcium, phosphorus, iron
and other minerals

Vitamin C

Vitamin A

Vitamin B3

Vitamin B6

Elderberry is a dark purple berry of the European elderberry tree, which can be used to make medicine. It is rich in antioxidants, and its antioxidant capacity is 20 times of vitamin C and 50 times of vitamin E.

Elderberry is rich in bioflavonoid, anthocyanidins and other high antioxidant substances. It can inhibit the aggregation of red blood cells and inhibit the activity of enzymes that destroy the cell membranes



Elderberries

Elderberries are packed with nutrients, the content of iron, phosphorus, vitamin A and vitamin C are higher than other berry fruits. The content of anthocyanins and flavonoids are the highest among fruits. These anthocyanins and bioflavonoids have antiviral effect and is good for immune system.

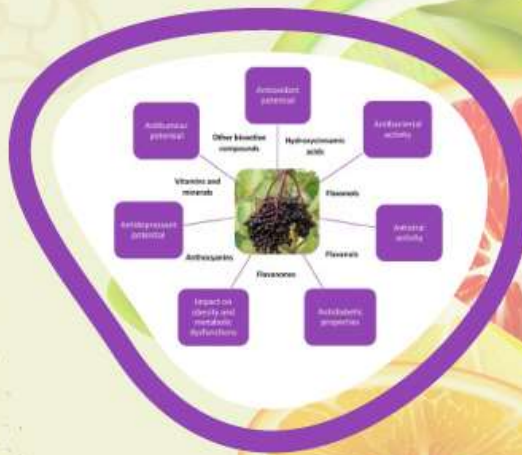


Vitamin B3	0.5mg
Vitamin B	0.23mg
Vitamin A	30mcg
Vitamin C	36mg

NUTRITIONAL CONTENT
OF 100 G
OF FRESH ELDERBERRIES

The antiviral mechanism of elderberry

Research content



Compounds from elderberries can directly inhibit the virus's entry and replication in human cells and this process will not produce drug resistance. It will not disturb the human intestinal flora and can avoid the side effects of taking antibiotics

The pathogenicity of influenza virus is inseparable from the assistance of hemagglutinin (HA), neuraminidase (NA), and membrane protein (M2). Among them, hemagglutinin (HA) assists the process of virus adsorption and enter into host cells. Neuraminidase (NA) can promote the spread of virus-containing fluids to the lower respiratory tract. Membrane protein (M2) assists virus uncoating and replication.



Sambucus nigra
(Elderberry)

Introduction

Sambucus nigra, or European elder, is a tall tree-like shrub, native to Europe, Asia, and North Africa, and naturalized in the United States. Various parts of the elder have long been used in traditional medicine as a diaphoretic, febrile, antispasmodic, laxative, and emetic. The berries were used traditionally as a food to make elderberry wine and pies, and as a flavoring or dye. Currently, extracts of the berries are used primarily as

antiviral agents for colds, influenza, and Herpes virus infections. Research has also demonstrated *Sambucus nigra* has immune-modulating, antioxidant, and mood-stimulating properties.

Description

The *Sambucus nigra* plant is a member of the Caprifoliaceae or honeysuckle family, and can be found growing in shady, moist areas in Europe, Asia, North Africa, and North America. It tolerates relatively poor soil conditions and is often found growing as part of the underbrush in forests. The naturalized plant in North America is known as *Sambucus nigra* var. *canadensis*, *Sambucus canadensis*, or North American elderberry. The tree-like shrub has light brown or gray stippled bark and narrow, dark green, serrated leaves. In early summer, *Sambucus nigra* blooms with large clusters of small, fragrant, creamy-white flowers that develop into shiny, purplish-black berries by late summer and early fall.¹² Historically, the leaves, bark, flowers, and berries have all been used medicinally, but most of the clinical studies have been conducted on the therapeutic uses and properties of the elderberry.

Active Constituents

The fruit of *Sambucus nigra* (elderberries) contains several constituents responsible for pharmacological activity. Among these are the flavonoids quercetin and rutin, anthocyanins identified as cyanidin-3-glucoside and cyanidin-3-sambubioside,¹³ the hemagglutinin protein *Sambucus nigra* agglutinin II (SNA-II),¹⁴ cyanogenic glycosides including sambunigrin,¹⁵ chlorogenic acid, and vitamins A and C.¹⁶

Pharmacokinetics

Due to limited research, the pharmacokinetics of many constituents of *Sambucus nigra* are not completely understood. Available research has focused on the absorption and urinary excretion of the anthocyanin constituents. Historically, researchers were uncertain whether anthocyanins were absorbed unless they were first hydrolyzed in the gastrointestinal tract. Recently, however, several small pharmacokinetic studies of elderberry extract in healthy volunteers demonstrated elderberry anthocyanins are indeed absorbed and excreted in an intact form.

A study published in the Journal of Functional Food in 2019 pointed out that elderberries show very effective in antiviral activity. Moreover, elderberry has a stronger inhibitory effect on the late influenza stage than the early stage.

The mystery of elderberry: benefits

May improve cold and flu symptoms Black elderberry extracts have been shown to help reduce the severity and length of influenza. Taking elderberry can effectively improve flu symptoms including fever, headache, muscle aches and nasal congestion

High in antioxidants Elderberry is rich in anthocyanins and bioflavonoid with high antioxidant properties. Protect our cells from free radical damage.

Good for heart health Studies have shown elderberry juice may reduce the level of fat in the blood and decrease cholesterol. Thus, reduce the risk of heart disease, stroke and coronary artery disease

Fights harmful bacteria Elderberry has been found to inhibit the growth of bacteria like *Helicobacter pylori* and may improve symptoms of sinusitis and bronchitis

Support the immune system Elderberry contains high amounts of protein, trace elements and vitamins, which can strengthen the human immune system.

Vitamin D3

Most of the people knows that vitamins are an essential nutrient for maintaining human health. They play an important role in regulating body metabolism and maintaining normal physiological functions

Is Vitamin D Important In The Human Body?

The main function of vitamin D is to maintain the metabolism and balance of calcium in the body and the formation of bones. It can "regulate blood calcium" and maintain "blood phosphorus levels". These two factors are very important for maintaining healthy bones. Studies have shown that vitamin D receptors exist in almost all tissues and cells of the human body. Vitamin D works by binding to its receptor, and is related to human immune function abnormalities, cardiovascular diseases, metabolic diseases, autoimmune diseases, tumors etc. Therefore, the role of vitamin D cannot be underestimated.

There are two important members in the vitamin D family. One is vitamin D3 (cholecalciferol), which is present in animals including fish. Vitamin D3 is also produced when the human skin exposed to ultraviolet rays under the sun. The second one is vitamin D2 (ergocalciferol), which comes from fruits and vegetables, including mushrooms. Studies have shown that the effect of vitamin D3 is more obvious compare to vitamin D2. According to the comprehensive analysis in 2012, vitamin D3 is more commonly used in supplement.



How to replenish vitamin D3?

The concentration of vitamin D in body are vital for maintaining body health, but most people are generally inadequate. According to the report, vitamin D insufficiency affects almost 50% of the population worldwide

Reasons of insufficient vitamin D3

Modern people emphasize in sun protection, and they have been indoors for a long time without exposure to the sun. According to the survey, 65% of people over the age of 19 are deficient in vitamin D, and 70% of them are women. Because sun-screen milk with SPF8 or higher prevents 95% of the production of vitamin D, SPF30 completely prevents the body from making it

Lack of vitamin D will lead to a decrease in bone density, prone to osteoporosis and fractures. In addition, it will also affect the activity of more than 200 genes in the human genome, which may lead to a series of diseases, such as rheumatoid arthritis, diabetes, bowel cancer, Crohn's disease, and certain immune diseases.



People Who Need Vitamin D Supplementation

1. Adolescents And Children Under Growth

Vitamin D3 plays a very important role in bone growth. Therefore, developing adolescents and children can supplement vitamin D3 appropriately under the guidance of a doctor.

2. Patients With Degenerative Arthritis

People over the age of 40, like to exercise vigorously or engage in physical labour are prone to have degenerative arthritis. Vitamin D3 is effective in the prevention and treatment of people with osteoporosis, rickets, and calcium deficiency.

3. People Who Often Work At Night

People who work at night or cannot get enough sunlight due to clothing or lifestyle should notice to increasing intake of vitamin D3 in their diet.

4. Elderly

The main source of vitamin D3 is dairy products with added nutrients, but the elderly are more prone to anorexia to this type of food due to the lack of lactase. Therefore, it is necessary to supplement some vitamins in order to reduce the loss of calcium in the elderly.

5. Women Who Are Pregnant Or Breastfeeding

Women during this period are generally prone to lack of vitamin D3. Therefore, it is necessary to supplement vitamin D3 in an appropriate amount, but also pay attention not to excessive intake of vitamin D3, otherwise it is easy to cause abnormal development of fetal, so it is best to supplement under the guidance of a doctor.

PEOPLE WHO NEED VITAMIN D SUPPLEMENTATION :

IENTE RG EC SDN B HD

Benefits



Reduce cardiovascular diseases and regulate blood lipids Magnesium can effectively reduce cardiovascular diseases by controlling the concentration of calcium, lowering blood cholesterol, promoting vasodilation, improving myocardial ischemia and myocardial necrosis, and reduce the burden of our heart. A study found that, by increasing 0.2 mmol/L of blood magnesium concentration can reduce the risk of cardiovascular disease by 30%; while dietary magnesium intake (each increase 200 mg/day) can reduce ischemia diseases by 22%.

Stabilize blood sugar and reduce diabetes Adequate intake of magnesium helps to improve insulin sensitivity and has a positive effect on the blood sugar metabolism of diabetic patients. Magnesium can improve the body's glucose tolerance and prevent excessive fluctuations in blood sugar after meal. Dose-response analysis showed that increasing magnesium intake by 100 mg daily can reduce the risk of diabetes by 14%.



Improve sleep and relieve anxiety Magnesium can stabilize nerve cells and emotions. Lack of magnesium can cause brain cells too excited, making it difficult for people to fall asleep. Appropriate intake of magnesium can ease emotions and relieve fatigue. Magnesium is also responsible for stimulating serotonin and GABA, which are indispensable for a good sleep. A study pointed out that magnesium intake (500 mg/day) not only helps to increase the blood magnesium concentration, but also reduces the score of the Beck Depression Inventory, which shows magnesium have a positive effect on the depressed patients.

Benefits



Lower blood pressure and prevent high blood pressure Patients with high blood pressure are more deficient in magnesium than those with normal blood pressure, because magnesium helps the body regulate blood flow and lower blood pressure. Patients who took 300 mg of magnesium a day not only increased their blood magnesium content, but also lower blood pressure within a month. The increase in magnesium content in the blood may help improve blood flow and is one of the factors that lower blood pressure.

Prevent osteoporosis Magnesium can promote the absorption of calcium. Lack of magnesium in the body will inhibit the secretion of "parathyroid hormone" and reduce the ability of the intestine to absorb calcium. When blood calcium levels are low, our body will release calcium in bones into the blood. This will lead to weak bones, which will increase the risk of osteoporosis



Relieve migraine and menstrual discomfort Migraine is a symptom caused by abnormal contraction and expansion of blood vessels in the brain. The New York Headache Center studied 81 patients with persistent migraines and asked them to take 300 mg of magnesium twice a day. Among these patients, the proportion of migraine attacks decreased by 41.6%. According research, the concentration of magnesium in 45% of menstrual discomfort patients is significantly lower than normal people. Magnesium cooperates with calcium to help relax muscles and reduce menstrual cramps

Benefits



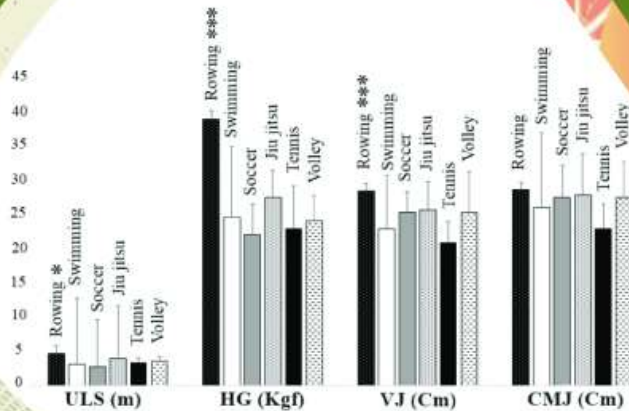
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Muscular Performance



After treatment with Magshape™, the muscle seems to relax more quickly, so it is able to maintain a frequency of 10 HZ (stimulation of cramp) without entering into tetanic contraction.



Citric Acid

Citric acid is an organic acid that soluble in water. Lemons contain a large amount of citric acid. Therefore, regular consumption of lemons can also increase the concentration of citric acid in our body. Citric acid has a strong acidity and is a kind of fruit acid. It has anti-aging effect and can accelerated skin renewal, remove stratum corneum, whitening our skin, and remove melanin in the skin. In addition, citric acid also has an antioxidant effect, which can help prevent arteriosclerosis, soften blood vessels and lower blood pressure.



Prevent cardiovascular arteriosclerosis

Natural preservatives

Reduce cholesterol level

Improve mineral absorption

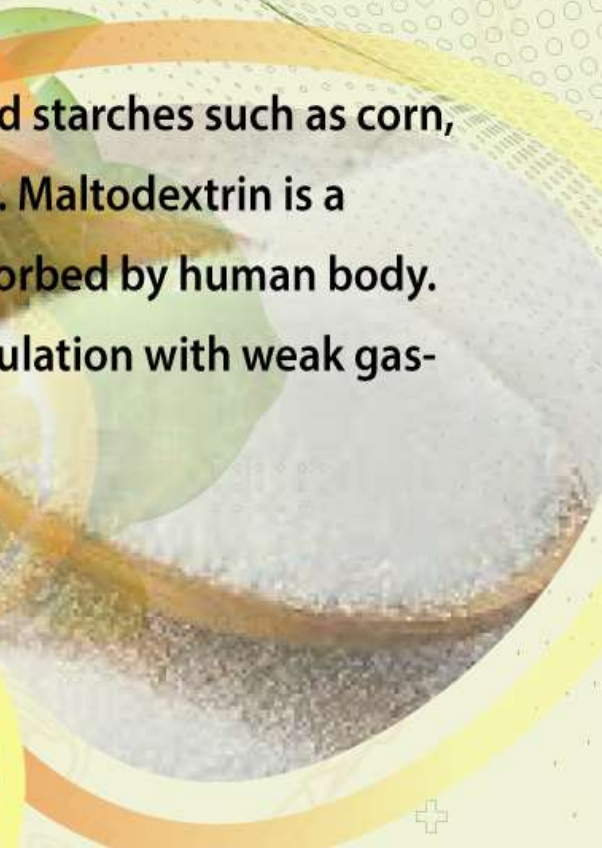
Sucralose

Sucralose is a non-nutritive sweetener. Its sweetness is about 600 times sweeter than sugar. After consuming sucralose, most of it will not be absorbed by the body, but will be excreted out through the digestive system. Sucralose does not affect blood sugar nor insulin levels, so it is suitable for diabetes patients. Substituting sugar with sucralose can reduce the risk of heart disease, stroke, and prevent excessive insulin levels. It is also beneficial for weight loss and obesity-related diseases, including cardiovascular disease (CVD), type 2 diabetes, polycystic ovary syndrome and some cancers. Scientific evidence shows that sucralose does not affect hunger, nor trigger an insulin response.



Maltodextrin

Maltodextrin is a polysaccharide which is made from refined starches such as corn, rice and cassava through a process called partial hydrolysis. Maltodextrin is a low-molecular carbohydrate and is easily digested and absorbed by human body. It also suitable for infants, young children, elderly, and population with weak gastrointestinal functions and poor digestion and absorption



Sodium Bicarbonate



Sodium bicarbonate, also known as baking soda, is one of the most affordable and safe health care products around us

Baking soda helps relieve cold and flu symptoms

In their booklet "Arm & Hammer Baking Soda Medical Uses," published in 1924, Dr. Volney S. Cheney recounts his clinical successes with sodium bicarbonate in treating cold and flu

Sodium bicarbonate may help improve performance in the later stages of high-intensity exercise. Women who undergo menopausal can improve insulin sensitivity by adding sodium bicarbonate to drinking water. Sodium bicarbonate is a molecule that can act as a buffer against human acidity

Fructose



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Fructose carries a lower glycemic load, or glycemic index. Glycemic index (glycemic load per gram carbohydrate) is a measure of how carbohydrates affect blood glucose concentrations. The sugar that quickly breaks down during digestion and releases it into the circulatory system has a high glycemic index. Conversely, sugars that are slowly broken down and released gradually have a low glycemic index and are considered good for health. Fructose has a lower GI index compare to glucose, meaning it doesn't cause a rapid rise and subsequent large fall in blood glucose levels.

Target Users

Weak immune system

Poor wound healing

Busy and stressful people

For skin beauty

People with bleeding gums

People who smoke and drink alcohol



Sodium Bicarbonate



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THANK YOU

With Liven Global
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